IT Service Desk 125 Gordon Palmer Hall
Monday - Friday 8:00 a.m. - 4:45 p.m.
Contact the IT Service Desk at
(205) 348-5555 or ITSD@ua.edu

Weak Password Problems

Are you using the same password everywhere?
For the sake of convenience, some people use the same password for each of their online authenticated applications, including e-mail, Facebook, and banking. This is very risky. If their password gets cracked, then the hacker will have access to all of their accounts. Is the convenience of a single password worth risking financial security?

Are you using simple or common passwords?
You will be at risk if you use a common word found in the dictionary as your password. Computer hackers run tools that find common dictionary words and hack these passwords first. Numbers and letters in the order that they appear on the keyboard (example 1234, QWERTY) are also risky passwords. You should also avoid using your name, a family member's name, a pet's name, or your city of birth.

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Strong Password Solutions

Selecting a Password

Use a string of text that mixes both numbers, letters that are both upper and lower case, and special characters. Use a minimum of 8 characters. The longer the password, the stronger it is. Every 60 to 90 days, change all your passwords, sooner if you shared them.

Remembering a Password

One way to create and remember a strong password is to use an acronym from a phrase that you can easily remember, such as “I really love going to the movies and eating popcorn!” This sentence acronym could be “**IrlgttMaep!**” This acronym is easy to remember by recalling the phrase.